

**ABSTRACT**

A cutting instrument includes an outer member having a cutting portion, and a helical knife coupled to the outer member for rotation relative to the outer member. At least a portion of the helical knife extends distally beyond the cutting portion. The instrument  
5 includes an inner member received within the outer member. The helical knife is at a distal end of the inner member. A method of cutting includes slicing into tissue with a helical knife to draw tissue proximally toward a cutting portion, and cutting the tissue with the cutting portion. The helical knife is provided on an inner member, and the cutting portion is  
10 provided on an outer member. Cut tissue is transported along a helical channel defined by the helical knife and aspirated through a hollow interior in the inner member.

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